

# L A T E R A L   **HELIX**   T R A I N E R

## RECUMBENT

Helix, the company that invented cardio lateral training, just revolutionized the recumbent workout.

Traditional "linear" recumbent bikes and steppers only work muscles in one plane—front to back. By contrast, the HR3500's patented Helix Motion Technology trains your body in multiple planes, a full 360°, thereby activating more muscles and burning more calories—in less time. Just read the science at [Helixco.com/study](http://Helixco.com/study) and you'll see why it is the most effective cardio machine ever built.

And, for those who prefer their workouts seated, there is no better workout option. It's time to take a seat, and take your fitness to a whole new level.

**Radically Different.  
Radically Effective.  
Radically Recumbent.**



**The Most Effective  
Cardio Product Ever Built™  
is now available for  
ALL fitness levels.**



**HR3500**

**360° Results:** Unlike other cardio machines, Helix works the total lower body as it builds aerobic conditioning.

**Glutes:** The machine's intense focus on the Gluteus Maximus and Medius yields dramatic toning benefits.

**Quads:** Helix provides a zero-impact, yet powerful Quad workout.

**Knees:** Helix maintains and improves knee and hip functionality by safely targeting and strengthening the muscles that support these joints.

**Stability/Fall Prevention:** Provides strength and cardio conditioning in an ergonomic, seated position, enabling everyone, even the injured or "deconditioned," to make great strength and fitness gains.

**Inner Thighs:** Helix does what traditional cardio machines can't, creating up to 42% greater activation of the Adductor muscles.

**Outer Thighs:** Sculpts the hard-to-target outer thigh by creating up to 43% more Abductor muscle activation than a traditional cardio machine.



# Two options bring **Recumbent Lateral Training** to your gym...or your home.

## HR1000

Bi-directional motion allows targeting of specific muscle groups, customizing workout focus

Integrated transport wheels make moving a snap

Convenient handgrip heart monitoring and workout controls

Ergonomic seat is both comfortable and supportive

4-point leveling system adjusts to provide stability on any flooring



## HR3500

This commercial grade model boasts a smooth, gear-driven, maintenance-free system and an oversized, state-of-the-art TFT Touchscreen computer with full color screen. Super-intuitive graphics show real time feedback: time, calories, RPM, distance, pulse, activity level, mets and watts.

No electricity is required; the HR3500 features a self-powered generator, allowing for maximum flexibility of placement on the gym floor.

### SPECS AT A GLANCE

**Unit Dimensions:** 74" x 36"  
**Boxed Dimensions:** 42" x 42" x 43"  
**Unit Weight:** 220 lbs  
**Max User Weight:** 350 lbs  
**Warranty:** 3 years parts, 1 year labor  
**Power Requirements:**  
 Self-generating  
**Resistance Method:** Electro-magnetic  
**Resistance Levels:** 20  
**Display:** TFT Touch full color  
**Fit Programs:** 9



## HR1000

The recumbent lateral trainer for home use, with a smooth, gear-driven, maintenance-free drive system. The HR1000 features an oversized Touchscreen LCD console with fit programs and real time feedback: time, calories, RPM, distance, pulse, activity level, mets and watts. Electricity is required.

The Helix HR1000 brings the power of recumbent lateral training into a residential setting.

### SPECS AT A GLANCE

**Unit Dimensions:** 74" x 36"  
**Boxed Dimensions:** 42" x 42" x 43"  
**Unit Weight:** 210 lbs  
**Max User Weight:** 300 lbs  
**Warranty:** 2 years parts, 1 year labor  
**Power Requirements:**  
 120vac 50/60hz  
**Resistance Method:** ECB flywheel  
**Resistance Levels:** 20  
**Display:** Backlit LCD Touchscreen  
**Fit Programs:** 11

